Learn and grow with My Life

Learn new skills, pursue passions and hobbies and engage with the community through My Life, Achieve Australia’s Day Program and community support service.

My Life offers more than 90 different programs through multiple Day Program centres in Sydney and the Northern Rivers region of New South Wales.

We also offer Community Based Support programs to enhance community participation and social connection.

My Life experts offer opportunities for people with disability to:

- Learn new skills to build confidence
- Get active and participate in the community
- Explore work options

Learn and grow with My Life
Learn new skills, pursue passions and hobbies and engage with the community through My Life, Achieve Australia’s Day Program and community support service.

Learn new skills, pursue passions and hobbies and engage with the community through My Life, Achieve Australia’s Day Program and community support service.

Learn new skills, pursue passions and hobbies and engage with the community through My Life, Achieve Australia’s Day Program and community support service.